

## ABSTRACT OF THE DISCLOSURE

The self-sizing sun visor fills the need for a visor that automatically adjusts to the  
5 wearer's head without causing undue compressive pressure on the wearer's head. The desired  
level of comfort and easy of use to the wearer is achieved by constructing the headband at least  
partially from stretchable material and incorporating a sweat absorbing foam inner layer. A bill  
of essentially a rigid nature is attached to the forward portion of the lower peripheral edge. The  
headband can also be constructed from two or more headband segments. A headband segment is  
10 a different color or the same color as the other headband segments. The visor comes in a  
small/medium size and a large/extra large size to accommodate a range of head sizes  
comfortably.